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# CO 602 Theoretical Approaches to Assessment and Treatment Planning

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**CO 602 Theoretical Approaches to Assessment and Treatment Planning**  
**Fall Semester 2004**  
**Carol B. Saenger, D.Min., L.P.C.C., Adjunct Professor**

**Maximum Enrollment: 30**

**One Hour Credit**

**Prerequisites: CO601 and MA Counseling status**

**Introduction**

In order to function as competent clinicians, practitioners must develop competence in diagnosing and effectively treating a variety of problems with which they are confronted; consequently, they must be thoroughly familiar with a variety of treatment modalities. This course is designed to provide students with an introduction to assessment, clinical diagnosis, and treatment planning. Students will have an opportunity to become acquainted with material that is relevant to treatment issues, both from a Christian historical perspective and current knowledge.

As a result of completing this course, students shall:

1. Become familiar with principles for applying Christian thought to the field of counseling.
2. Learn how to conceptualize cases from various theoretical perspectives.
3. Develop the ability to think like a clinician, using relevant diagnostic information.
4. Value a collegial process in the development of treatment plans.
5. Learn how to develop and implement treatment plans, including cultivating the ability to assess progress and formulate timelines.
6. Learn to keep and value effective treatment records.
7. Understand how to utilize supervision to facilitate quality treatment.
8. Understand the role of psychotropic medications and mood altering chemicals in the treatment of mental and emotional disorders.
9. Understand how to make appropriate treatment referrals.

**Text:**

**Berman, Pearl S. (1997). *Case conceptualization and treatment planning*. Thousand Oaks: Sage Publications.**

## Requirements

1. Punctual attendance and active participation in class. Students should limit their absences to emergency cases such as illness, family emergencies, etc. If you should have to be absent, please notify the professor either through e-mail (Carol\_Saenger@asburyseminary.edu or cbsaenger@aol.com) or call (502)875-8853. Make-up assignments will be assigned for missed classes. **Attendance and participation will count as ten percent (10%) of the final grade.**
2. Group presentation. Students shall be assigned to groups for a presentation on case conceptualization and treatment from one theoretical orientation. The class presentation shall include the pivotal concepts of the theory and shall apply the concepts to a case, which will be provided by the instructor. Students should use the example from the text as a means of proceeding with the assigned case. **Twenty-five percent (25%) of the student's grade will come from the group presentation.**
3. Individual Case Conceptualization. Students shall be assigned a case, for which each will write a complete treatment plan using a theoretical perspective of his or her choice. The theoretical perspective chosen ideally should reflect the student's present theoretical bent. **This will account for sixty percent (60%) of the student's grade.**
4. Additional reading of 400 pages, which includes the text. **A reading report should be submitted on the final day of class and will count as five percent (5%) of the final grade.**

## Evaluation

Course assignments shall be graded using the following grade ranges:

A	93	C	73
A-	90	C-	70
B+	87	D+	67
B	83	D	63
B-	80	D-	60
C+	77	F	Below 60

## Schedule and Topics

### September 9, 2004

Orientation

Group Assignments

Developing Case Conceptualizations and Treatment Plans -- Berman Chapter 1

### September 16, 2004

Video and Discussion on Person-Centered Therapy

**September 23, 2004**

The Complexity of Human Experience -- Berman Chapter 2

**September 30, 2004**

Video and Discussion on Reality Therapy

**October 7, 2004**

*Group One Presentation* on  
Behavioral Case Conceptualization and Treatment Plan-- Berman Chapter 3

**October 14, 2004**

Video and Discussion on Play Therapy

**October 21, 2004**

*Group Two Presentation* on  
Cognitive Case Conceptualization -- Berman Chapter 4

**October 28, 2004**

Kingdom Conference Panelists or  
Video and Discussion on Cognitive Theory of Depression

**November 4, 2004**

*Group Three Presentation* on  
Process-experiential Case Conceptualization -- Berman Chapter 5

**November 11, 2004**

Video and Discussion on Family Systems Therapy  
Read Berman Chapter 6

**November 18, 2004**

*Group Four Presentation* on  
Dynamic Case Conceptualization -- Berman Chapter 7

**November 25, 2004—Reading Week**

**December 2, 2004—Discussion on Practicum Treatment Issues**

**December 9, 2004**

**Last Class -- Final paper and reading report due!**

**NOTE: The grade will be reduced one grade increment for each day the paper is late.**

This syllabus is subject to change if course-enhancing opportunities arise for guest lecturers, special presentations, etc.